

## CLAIMS

1. An antibacterial composition, wherein the composition is  
5           a) prepared using a fermented dairy product,  
              b) comprises carbohydrates, proteins, and fats, and  
              c) has a pH of 4.6 or less,

and wherein the energy ratio of carbohydrates, proteins, and fats is 50% to 70%, 4% to 25%, and 20% to 30%, respectively.

10           2. The antibacterial composition of claim 1, wherein the fermented dairy product is  
              fermented milk and/or a natural cheese.

15           3. The antibacterial composition of claim 1 or 2, wherein the amount of lactic acid in  
              100 mL of the composition is 200 mg or more.

20           4. The antibacterial composition of claim 1 or 2, wherein the amount of lactic acid in  
              100 mL of the composition is 300 mg or more.

25           5. The antibacterial composition of any one of claims 1 to 4, which comprises a  
              plant-derived oil or fat as fats.

25           6. The antibacterial composition of any one of claims 1 to 5, which comprises the  
              constituent combination of any one of Table 1, 3, or 5.

30           7. A method for producing an antibacterial composition, wherein the method  
              comprises using a fermented dairy product as an ingredient, mixing the fermented product with  
              other ingredients in a composition comprising carbohydrates, proteins, and fats, and then  
              homogenizing and sterilizing the mixture.

30           8. The method for producing the antibacterial composition of claim 7, wherein the  
              fermented dairy product is fermented milk and/or a natural cheese.

35           9. The method for producing the antibacterial composition of claim 7 or 8, wherein the  
              method comprises preparing the composition such that the proteins derived from the fermented  
              dairy product account for 30 weight % or more of the proteins in the composition.

10. The method for producing the antibacterial composition of claim 7 or 8, wherein the method comprises preparing the composition such that the proteins derived from the fermented dairy product account for 70 weight % or more of the proteins in the composition.